

# IMPROVE EDUCATOR HAPPINESS AND SUCCESS – IN WORK AND LIFE

## A Mindset-based Platform Focused on Staff Well-being

School and district leaders are concerned about stress affecting educator and staff health and well-being, retention, and school culture. The lingering effects of the pandemic and on-going staff shortages continue to impact school communities. Supporting educator and staff well-being is more critical now than ever before.

### Focus on the Emotional Health and Well-Being of Your Teachers and Staff

Empowering Educators offers tools and resources that school and district staff need to restore well-being and reignite passion and purpose.

This powerful adult well-being platform provides educators and staff members the opportunity to achieve personal growth and professional success at their own pace. With hundreds of themed videos and resources, topical webinars, and learning opportunities, educators learn to connect, recharge, and rediscover the joy in teaching.

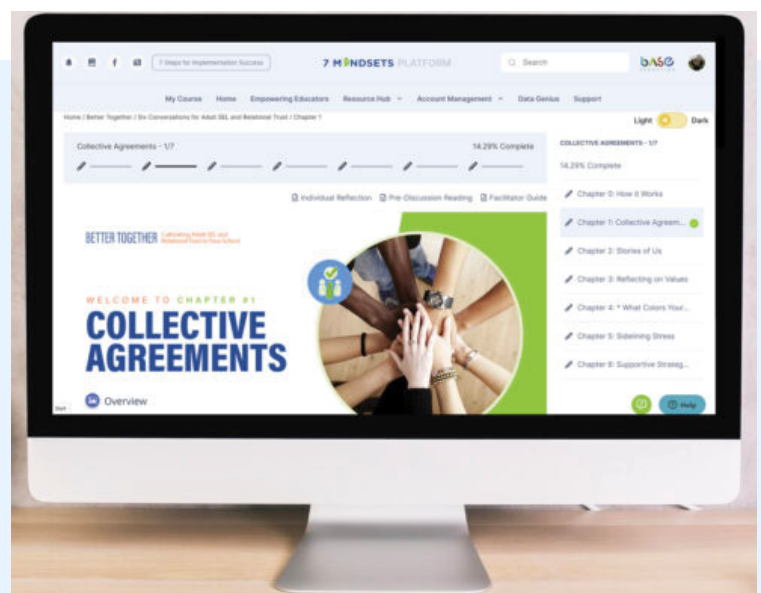
### A comprehensive platform for educator and staff success, Empowering Educators' powerful content, resources, and tools:

- ✓ Improve emotional health and well-being with self-paced modules
- ✓ Build relationships, connection, and a sense of belonging in facilitated group sessions
- ✓ Provide access to exactly what your team needs via on-demand webinars, video and other resources
- ✓ Offer enhanced self-assessment and reflection components providing aggregated, anonymized data that offers group leaders important information about their educators and helps inform next steps for adult learning within the platform.

## Why Empowering Educators?

“ We want teachers to be happy to come to school every day and feel like school is their safe place, and that they know their coworkers and can trust them no matter how hard the work is. The team can lean on each other, then they can work together to change the school culture.”

– Chelsea Buchanan,  
Director of Partner Solutions, 7 Mindsets



## Happy and successful educators help their students achieve more positive, lifelong outcomes.

---

Today, schools and districts must consider how they can best meet their educators' professional and personal needs. Empowering Educators supports a wide range of school and district initiatives focused on improving staff health and well-being and can be used for cross-district professional learning or for educator-specific needs.

Depending on the individual or group need, interest, or professional learning situations, the Empowering Educators platform offers several courses and course-specific surveys and assessments within its two programs: Better Together and Better You. Our live platform is updated in real time with curated content and on-demand webinars around current and relevant well-being topics.

### *Better Together Program*

The facilitated learning opportunities with this program build trust, grow connection and collaboration, and increase the sense of belonging among school and district staff. Options include:

#### **6 Conversations to Cultivate Relational Trust**

A six-part course that creates structured opportunities for staff to connect, share stories, and get to know one another beyond the surface level. This course now offers a 26-question pre-/post-test that assesses each of the six conversation objectives plus relational trust.

#### **Huddle Deck Conversation Starters**

Offering a choice of discussion prompt, self-reflection prompt, or a challenge for the day, this activity provides teams with a simple strategy for building trust, improving collaboration, and growing their social and emotional intelligence.

#### **7 Mindsets Engagement Strategies**

A seven-part course that provides tools to use during faculty meetings or common planning times to create meaningful conversations, connections, and relationships.

### *Better You Program*

The self-paced opportunities in this program provide educators and staff space to learn and explore while also empowering them to focus on their own emotional health and well-being needs. Courses include:

#### **Building Your SEL Competencies**

This self-paced, ten-lesson course is designed to increase SEL competency knowledge and capacity. Now available with this course is a survey that allows users to rank the three competencies that they are most interested in learning about and the three they are least interested in learning about. The aggregated results may be used to:

- Determine lesson order within the course and/or personal learning pathways for educators
- Provide a greater understanding of educator's interest around adult learning
- Account for depth of knowledge educators already possess

#### **NEW! Authenticity in Education**

This course empowers educators to cultivate authenticity in teaching through self-reflection. The 11-lesson course emphasizes the vital role of equity in student success, delving into policies and fair treatment.

**With Empowering Educators, school and district administrators can help their educators sustain hope and resilience, take care of themselves, and become better educators who can help their students achieve more positive, lifelong outcomes.**

#### **About 7 Mindsets**

Founded in 2009, 7 Mindsets provides mindset-based and mental health learning solutions for schools and districts nationwide. The company offers multi-tiered curricula, professional development, and data measurement tools that empower growth, drive measurable impact, and ensure safe and supportive learning communities. Its highly effective programs have been shown to improve student engagement, behavior, and academic achievement and have been used by over 5 million students and educators in all 50 states.